

first

then

A **“First-Then”** board is a visual strategy used to help children complete specific tasks. It can be used to provide structure to activities and explain what is going to happen.

For example *“First toilet; then TV”* or *“First bath, then bed”*.

It can also be used to help with transitions or non-preferred activities e.g. *“First lunch; then iPad”*.

- Keep your language short and simple.
- Be prepared – have a range of pictures available.
- Point to the pictures when you say them.
- Follow through with what is on the board.
- Be realistic with your expectations e.g. start with short activities.